

Enjoy....

~ Cheese Making Courses ~
~ Corporate & Special Events ~
~ Cultures& Equipment ~
info@thecheesemaker.com.au
www.thecheesemaker.com.au

Tanya Barretto 0412 260 876



Spinach and Cheese Triangles

Ingredients (makes 20):

- 2 large bunches of silverbeet
- l block of homemade herb and garlic flavoured fetta
- 1 block of homemade chilli flavoured fetta
- Approx. 200-300g fresh homemade ricotta
- 2 eggs
- Salt and pepper
- · Fresh filo pastry
- Butter
- · Nigella seeds

Directions

- 1. Wash the silverbeet thoroughly and shred or chop roughly, steam for 3-5 minutes, allow to cool.
- 2. In a bowl mix all three cheeses, salt and pepper, eggs and cooled steamed silverbeet until well combined.
- 3. Take a piece fresh filo pastry out of the packet and fold in half lengthways to form a long narrow rectangle.
- 4. Take a large spoonful of the silverbeet and cheese mixture and place on one end of a piece of fresh filo pastry and wrap using any method. I prefer to wrap in a triangle along the long narrow rectangle formed in the folding of the pastry.
- 5. Brush with melted butter, sprinkle with Nigella seeds and place on a greased baking tray
- 6. Bake in a moderate oven for 20 minutes.

This dish is best made the day it is to be enjoyed, but can be refrigerated for a few hours before cooking serving.